



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 01210, Egg Mix, USDA Commodity

Report Date: July 11, 2017 14:45 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <sup>1</sup>	g	2.78	3	0.409	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Energy	kcal	555	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Energy	kJ	2321	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Protein <sup>1</sup>	g	35.60	3	0.584	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Total lipid (fat) <sup>1</sup>	g	34.50	3	2.633	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Ash <sup>1</sup>	g	3.15	3	0.020	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Carbohydrate, by difference	g	23.97	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Sugars, total <sup>1</sup>	g	2.46	3	0.315	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Sucrose <sup>1</sup>	g	0.00	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) <sup>1</sup>	g	0.64	3	0.012	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Fructose <sup>1</sup>	g	0.00	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
Lactose <sup>1</sup>	g	0.00	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
Maltose <sup>1</sup>	g	1.81	3	0.321	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Galactose <sup>1</sup>	g	0.00	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
<b>Minerals</b>													
Calcium, Ca <sup>1</sup>	mg	171	3	3.180	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Iron, Fe <sup>1</sup>	mg	3.23	3	0.513	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Magnesium, Mg <sup>1</sup>	mg	11	3	6.402	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Phosphorus, P <sup>1</sup>	mg	451	3	19.548	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Potassium, K <sup>1</sup>	mg	373	3	9.244	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sodium, Na <sup>1</sup>	mg	576	3	15.301	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Zinc, Zn <sup>1</sup>	mg	2.76	3	0.379	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Copper, Cu <sup>1</sup>	mg	0.149	3	0.010	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Manganese, Mn <sup>1</sup>	mg	0.056	3	0.015	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Selenium, Se <sup>1</sup>	µg	118.0	3	1.528	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
<b>Vitamins</b>													
Thiamin <sup>1</sup>	mg	0.190	3	0.023	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Riboflavin <sup>1</sup>	mg	1.277	3	0.043	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Niacin <sup>1</sup>	mg	0.267	3	0.033	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Pantothenic acid <sup>1</sup>	mg	6.500	3	0.808	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin B-6 <sup>1</sup>	mg	0.207	3	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, total <sup>1</sup>	µg	138	3	4.583	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Folic acid	µg	0	--	--	--	--	--	--	--	1	Assumed zero	--	08/2008
Folate, food <sup>1</sup>	µg	138	3	4.583	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Folate, DFE	µg	138	--	--	--	--	--	--	--	1	Calculated or imputed	--	09/2010
Choline, total <sup>1</sup>	mg	602.5	3	41.813	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Betaine <sup>1</sup>	mg	1.6	3	0.820	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin B-12 <sup>1</sup>	µg	2.90	3	0.416	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin A, RAE	µg	117	--	--	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Retinol <sup>1</sup>	µg	116	3	21.688	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Carotene, beta <sup>1</sup>	µg	0	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
Carotene, alpha <sup>1</sup>	µg	0	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta <sup>1</sup>	µg	13	3	2.343	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin A, IU	IU	398	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Lycopene <sup>1</sup>	µg	0	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
Vitamin E (alpha-tocopherol) <sup>1</sup>	mg	2.04	3	0.568	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Tocopherol, beta <sup>1</sup>	mg	0.03	3	0.010	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Tocopherol, gamma <sup>1</sup>	mg	4.29	3	1.902	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Tocopherol, delta <sup>1</sup>	mg	0.19	3	0.067	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Vitamin D (D2 + D3)	µg	7.4	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2010
Vitamin D3 (cholecalciferol)	µg	7.4	--	--	--	--	--	--	--	--	Calculated or imputed	01132	09/2010
Vitamin D	IU	296	--	--	--	--	--	--	--	--	Calculated or imputed	01132	09/2010
Vitamin K (phylloquinone) <sup>1</sup>	µg	0.7	3	0.120	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Lipids

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	10.305	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
8:0 <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
10:0 <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
12:0 <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
14:0 <sup>1</sup>	g	0.097	3	0.001	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
15:0 <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
16:0 <sup>1</sup>	g	7.579	3	0.057	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
17:0 <sup>1</sup>	g	0.057	3	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
18:0 <sup>1</sup>	g	2.541	3	0.034	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:0 <sup>1</sup>	g	0.031	3	0.009	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:0 <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
Fatty acids, total monounsaturated	g	13.745	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2008
14:1 <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
15:1 <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
16:1 undifferentiated <sup>1</sup>	g	0.765	3	0.028	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
17:1 <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
18:1 undifferentiated <sup>1</sup>	g	12.872	3	0.438	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:1 <sup>1</sup>	g	0.109	3	0.006	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Fatty acids, total polyunsaturated	g	7.555	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2008
18:2 undifferentiated <sup>1</sup>	g	6.836	3	1.187	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
18:3 undifferentiated <sup>1</sup>	g	0.165	3	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) <sup>1</sup>	g	0.143	3	0.014	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
18:3 n-6 c,c,c <sup>1</sup>	g	0.022	3	0.011	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:2 n-6 c,c <sup>1</sup>	g	0.047	3	0.002	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
20:3 undifferentiated <sup>1</sup>	g	0.000	3	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008
20:4 undifferentiated <sup>1</sup>	g	0.507	3	0.003	--	--	--	--	--	1	Analytical or derived from analytical	--	05/2008
Cholesterol	mg	975	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
<b>Amino Acids</b>													
Tryptophan <sup>1</sup>	g	0.400	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Threonine <sup>1</sup>	g	1.411	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Isoleucine <sup>1</sup>	g	1.938	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Leucine <sup>1</sup>	g	3.312	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lysine <sup>1</sup>	g	3.909	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Methionine <sup>1</sup>	g	1.443	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Cystine <sup>1</sup>	g	0.523	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Phenylalanine <sup>1</sup>	g	1.903	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Tyrosine <sup>1</sup>	g	1.262	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Valine <sup>1</sup>	g	2.313	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Arginine <sup>1</sup>	g	2.387	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Histidine <sup>1</sup>	g	0.876	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Alanine <sup>1</sup>	g	1.726	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Aspartic acid <sup>1</sup>	g	3.701	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glutamic acid <sup>1</sup>	g	4.695	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Glycine <sup>1</sup>	g	1.295	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Proline <sup>1</sup>	g	1.953	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Serine <sup>1</sup>	g	2.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2008
Hydroxyproline <sup>1</sup>	g	0.000	2	--	--	--	--	--	--	1	Analytical or derived from analytical	--	08/2008

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 8h, 2004 Beltsville MD